

Vegetables are better than meat

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"Vegetables Are Better Than Meat!" Introduction A lot of controversies are prevailing in the present epoch to be vegetarian or non-vegetarian.

Pertaining to this contemporary issue, numerous research studies have been carried out across the world, to establish the fact that vegetables carry upper hand in providing an individual with health, satisfaction as well as less calorie consumption. One of the recent findings by researchers at Imperial College London, highlight the fact that vegetable protein are healthier and keep the blood pressure low as compared to the animal protein. Study encompassed 4700 individuals across the globe, to study if environmental changes matter. Individuals from UK, US, China and Japan were examined for their eating habits. Findings reveal that higher consumption of vegetables and fruits keep the blood pressure low. The details were published in the journal Archives of Internal Medicine put forward the fact that vegetarians are likely to be lighter than non-vegetarians. Reason provided by the researchers discloses that amino acids and magnesium present in the plants play vital roles in reducing the blood pressure. It is essential to add vegetable proteins comprising whole grains such as corn, wheat, oats, Milo, barley, soya products such as tofu, soya milk, nuts and seeds (peas, beans, peanuts), almonds, pipe nuts etc in daily diet, as the dietary protein is highly beneficial (Vegetable Protein vs. Meat Protein). Considering the fact that vegetables play a vital role in providing the body with all the essential amino acids and minerals with low calories, present study has been carried out to highlight the fact that vegetables are better than meat. Research at University of California at San Francisco reveals that elderly women consuming more animal protein as compared to vegetable protein witness more incidence of hip fractures and loss of bone health. Research studies <https://assignbuster.com/vegetables-are-beter-thn-meat/>

reveal that enhanced level of acid is released into the bloodstream when high animal protein is consumed. With age acid neutralizing capacity of the kidneys are reduced so the body glean acid-neutralizing substances from the bones making them weak. On the contrary, vegetable proteins cause less acidity and hence depletion of bone is also less. As the process onsets a decade before the appearance of frank symptoms, in order to minimize the bone deterioration, it is essential to consume more of the vegetable proteins especially chickpeas and lima beans than meat (The right protein for healthy bones: beans may be better than meat and milk when it comes to maintaining strong bones). According to Bee, consumption of large quantity of meat portrays the following complications- Arthritis- meat eaters are at risk- Rheumatoid arthritis is an immune system related disorder leading to chronic pain and stiffness. Consumption of large amount of red meat may enhance the risk. On the other hand daily consumption may double the risk as compared to vegetable eaters (Bee). Gallstones- Galls bladder release bile under normal circumstances, which is a fluid that aids in the emulsification of fats. In certain cases gallstones are formed in the gallbladder. The possible reason that merged out of research studies is high consumption of saturated fat which is abundantly present in meat. On the other hand diet rich in unsaturated fat enhances insulin sensitivity and thereby avert the formation of gallstones (Bee). Dental cavities- Dental cavities are the result of contact between the food particles and the teeth. It is observed that meat is rich in fibers and therefore meat pieces are liable to get entangled between the gaps and spaces present in the denture. Improper brushing may lead to the microbial accumulation leading to the formation of acid and plaque which eventually forms dental cavities (Bee). Alzheimer's- For Alzheimer's disease <https://assignbuster.com/vegetables-are-beter-thn-meat/>

meat eaters are at potential risk. Alzheimer's disease is related to the formation of clumps of protein called beta-amyloid in the brain. Formation of these clumps could be prevented if large amount of antioxidants are consumed in the form of vegetables and plant products. As plant products are rich in polyphenols they potentially avert the incidence of Alzheimer's (Bee). Dementia- Prevention of dementia is also observed in studies carried out with the consumption of vegetables and fruits and cutting down the consumption of meat (Bee). Osteoporosis- Meat eaters are at higher risk of bone thinning condition called osteoporosis. Results revealed by the National Osteoporosis Society, indicate that higher intake of animal protein in the form of red meat affects the bone health to a greater extent. Since digestion of meat produces enormous quantity of acid residues, which require neutralization with alkalizing minerals for instance calcium, resulting in leeching of bones. Consumption of plant products like cabbage and kale, enriched with calcium prevent the incidence of osteoporosis (Bee). Food poisoning- A range of microorganisms could be present in the poultry products such as E. coli, Salmonella, Campylobacter which have potential to cause large number of diseases and hence one must avoid such products (Bee). In order to stay healthy and lead a life without complications one must adopt vegetarian meals and try to minimize non-vegetarian food (Being Healthy Through Eating Vegetables, Avoiding Meat). References Bee, P. " Meat vs. veggie: From depression to infertility, how your choice of diet can wreak havoc on your health". 18th November 2011. . " Being Healthy Through Eating Vegetables, Avoiding Meat". 18th November 2011. . " The right protein for healthy bones: beans may be better than meat and milk

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